

What has hope got to do with dying?

We often think of hope as looking towards the future; a cure, more time, recovery or treatment success. But as we come closer to the end of life, these hopes may no longer be possible. So how do we understand hope in a way that remains connected to the reality of dying?

Perhaps hope is not about changing the circumstances we find ourselves in, but about how we meet them.

Hope can be found in comfort, meaningful time, connection, symptom control, dignity and peace. It can move from something we do towards something we are. This does not mean giving up hope; rather, it is an opportunity to broaden what hope can mean.

Dying asks us to be present, to engage with what is happening now. Amidst endings, frailty and limits, there can still be opportunities for deepening our sense of meaning and purpose. This may be found in our relationships, in spiritual awareness, in community, or in our connection to something larger than ourselves.

Connection, after all, means to bind together or to join. While the physical aspects of our lives will eventually end, what we share with one another, what we give and receive, and what we leave behind can endure.

Hope, meaning and connection are deeply interdependent. Perhaps the invitation of dying is not simply to ask how we can extend life, but how we can use the life we have... right now... in ways that matter.

– Thoughts from Dr Matthew Cooper, Palliative Care Specialist



Cittamani Clinical Nurse Tina during a home visit

Caring For Our Community

Did you know that in the last 6 months

- **105 clients** were admitted to Cittamani
- The average length of support and engagement with each client was **66 days**
- Our nurses provided **2241 hours** of care
- Our social workers provided **345 hours** of bereavement support and **307 hours** of pre-death counselling

This snapshot highlights the clinical impact of Cittamani's work and the scale of support provided across our community. It captures the range of specialist nursing, counselling and bereavement services delivered throughout the reporting period.



Sustaining Hope - Staying Connected!

Having been part of Cittamani Hospice Service for the past two years, this year's Spirituality Conference was my first, and it was a real privilege to help bring the day together.

Held on 31 July at Novotel Sunshine Coast Resort, Twin Waters, our 2026 Spirituality Conference, *Sustaining Hope - Staying Connected*, brought together healthcare professionals, carers, community members and spiritual practitioners. Together, we explored spirituality, hope and connection, and the important role these play in how we care for ourselves and others, particularly through uncertain times of life.

From the Welcome to Country with Ezekial Davis and the intention set by TY Alexander, through to the thoughtful insights shared by Lydia Fairhall, Venerable Tsultrim and Dr Matthew Cooper, the day offered diverse perspectives on meaning, hope, spirituality and connection. Music, shared conversation, a panel discussion and closing reflections added further richness to the day.

Though for me, one of the most memorable parts was witnessing the connection between people in the room. It was in the moments between sessions, the room filled with conversation. The warmth was palpable!

Having helped with the preparation behind the scenes, it was incredibly meaningful to see just how deeply rooted Cittamani, and the values that guide our work — are within our community. The feedback was immediate and heartfelt, with one attendee describing the atmosphere as "love and kindness" and another simply saying, "My heart is full!"

We are delighted to be part of conversations with our community and to witness what happens when people are given the space to come together — to share openly, learn from one another and be reminded of the humanity and connection that sits at the heart of how we care for one another.

- Written by Mikhaela - Operations and Communications Officer



Historic Motorcycle Club visiting Cittamani



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Thank you!! We are deeply grateful to our community for the continued generosity and support for the work we do

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Or via our website
www.cittamanihospice.com.au
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We would love to hear from you!

Any feedback or suggestion for future newsletters are welcome and can be emailed to

info@cittamanihospice.com.au

